

## USDA National Nutrient Database for Standard Reference Release 28

## Statistics Report 03054, Babyfood, dinner, vegetables and beef, junior

Report Date: October 26, 2015 23:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <sup>1</sup>	g	84.94	--	0.539	83.86	85.53	2.0	82.616	87.257	1	Analytical or derived from analytical	--	03/2007
Energy	kcal	77	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Energy	kJ	321	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Protein <sup>1</sup>	g	2.21	--	0.335	1.81	2.88	2.0	0.765	3.651	1	Analytical or derived from analytical	--	03/2007
Total lipid (fat) <sup>1</sup>	g	3.60	--	1.383	2.2	6.37	2.0	-2.349	9.555	1	Analytical or derived from analytical	--	03/2007
Ash <sup>1</sup>	g	0.41	--	0.038	0.37	0.49	2.0	0.248	0.579	1	Analytical or derived from analytical	--	03/2007
Carbohydrate, by difference	g	8.84	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Fiber, total dietary <sup>1</sup>	g	1.3	--	--	1.2	1.4	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Sugars, total <sup>1</sup>	g	2.34	--	--	2.17	2.51	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Sucrose <sup>1</sup>	g	1.01	--	--	1	1.02	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Glucose (dextrose) <sup>1</sup>	g	0.63	--	--	0.53	0.72	1.0	--	--	1	Analytical or derived from analytical	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fructose <a href="#">1</a>	g	0.58	--	--	0.54	0.63	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Lactose <a href="#">1</a>	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
Maltose <a href="#">1</a>	g	0.12	--	--	0.07	0.16	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Galactose <a href="#">1</a>	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	17	--	--	13	20	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Iron, Fe <a href="#">1</a>	mg	0.35	--	--	0.3	0.41	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Magnesium, Mg <a href="#">1</a>	mg	10	--	--	9	11	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Phosphorus, P <a href="#">1</a>	mg	33	--	--	27	38	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Potassium, K <a href="#">1</a>	mg	145	--	--	130	160	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Sodium, Na <a href="#">1</a>	mg	31	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2010
Zinc, Zn <a href="#">1</a>	mg	0.38	--	--	0.33	0.44	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Copper, Cu <a href="#">1</a>	mg	0.030	--	--	0.03	0.03	--	--	--	1	Analytical or derived from analytical	--	03/2007
Manganese, Mn <a href="#">1</a>	mg	0.106	--	--	0.09	0.12	1.0	--	--	1	Analytical or derived from analytical	--	03/2007

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Selenium, Se <sup>1</sup>	µg	2.2	--	--	2.2	2.2	--	--	--	1	Analytical or derived from analytical	--	03/2007
Fluoride, F <sup>2</sup>	µg	21.5	--	11.357	1.9	44.6	3.0	-14.692	57.592	1	Analytical or derived from analytical	--	08/2004
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.2	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	03/2007
Thiamin <sup>1</sup>	mg	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Riboflavin <sup>1</sup>	mg	0.048	--	--	0.05	0.05	1.0	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	03/2007
Niacin <sup>1</sup>	mg	0.789	--	--	0.75	0.83	1.0	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	03/2007
Pantothenic acid <sup>1</sup>	mg	0.099	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Vitamin B-6 <sup>1</sup>	mg	0.063	--	--	0.05	0.07	1.0	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	03/2007
Folate, total <sup>1</sup>	µg	6	--	--	2	9	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Folic acid <sup>1</sup>	µg	3	--	--	1	4	1.0	--	--	1	Analytical or derived from analytical	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food <sup>1</sup>	µg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Folate, DFE	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Choline, total <sup>1</sup>	mg	16.5	--	2.544	11.8	20.5	2.0	5.543	27.433	1	Analytical or derived from analytical	--	03/2007
Betaine <sup>1</sup>	mg	1.1	--	0.254	0.7	1.5	2.0	-0.023	2.167	1	Analytical or derived from analytical	--	03/2007
Vitamin B-12 <sup>1</sup>	µg	0.33	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Vitamin A, RAE <sup>b</sup>	µg	246	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Retinol	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Carotene, beta <sup>1</sup>	µg	2545	--	--	2,390	2,700	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Carotene, alpha <sup>1</sup>	µg	810	--	--	590	1,030	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Cryptoxanthin, beta <sup>1</sup>	µg	11	--	--	11	11	--	--	--	1	Analytical or derived from analytical	--	03/2007
Vitamin A, IU <sup>a</sup>	IU	4926	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Lycopene <sup>1</sup>	µg	627	--	--	233	1,020	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Lutein + zeaxanthin	µg	51	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.49	--	--	0.49	0.49	--	--	--	1	Analytical or derived from analytical	--	03/2007
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, beta <sup>1</sup>	mg	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
Tocopherol, gamma <sup>1</sup>	mg	0.17	--	--	0.11	0.23	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Tocopherol, delta <sup>1</sup>	mg	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Vitamin D <sup>1</sup>	IU	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Vitamin K (phylloquinone) <sup>1</sup>	µg	5.2	--	--	5	5.4	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
<b>Lipids</b>													
Fatty acids, total saturated	g	1.367	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
8:0 <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
10:0 <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
12:0 <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
14:0 <sup>1</sup>	g	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
15:0 <sup>1</sup>	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0 <sup>1</sup>	g	0.470	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
17:0 <sup>1</sup>	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
18:0 <sup>1</sup>	g	0.300	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
20:0 <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
22:0 <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
24:0 <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Fatty acids, total monounsaturated	g	1.289	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
14:1 <sup>1</sup>	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
15:1 <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
16:1 undifferentiated <sup>1</sup>	g	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
17:1 <sup>1</sup>	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
18:1 undifferentiated <sup>1</sup>	g	0.710	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
20:1 <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
22:1 undifferentiated <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:1 c <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Fatty acids, total polyunsaturated	g	0.298	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
18:2 undifferentiated <sup>1</sup>	g	0.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
18:3 undifferentiated <sup>1</sup>	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
18:4 <sup>1</sup>	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
20:2 n-6 c,c <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
20:3 undifferentiated <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
20:4 undifferentiated <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
20:5 n-3 (EPA) <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
21:5 <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
22:4 <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
22:5 n-3 (DPA) <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Cholesterol <sup>1</sup>	mg	7	--	--	6	8	1.0	--	--	1	derived from analytical	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phytosterols	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
<b>Amino Acids</b>													
Tryptophan	g	0.020	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Threonine	g	0.089	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Isoleucine	g	0.099	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Leucine	g	0.170	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Lysine	g	0.164	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Methionine	g	0.052	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Cystine	g	0.030	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Phenylalanine	g	0.097	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Tyrosine	g	0.078	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Valine	g	0.115	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Arginine	g	0.144	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Histidine	g	0.066	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Alanine	g	0.133	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Aspartic acid	g	0.277	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Glutamic acid	g	0.442	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Glycine	g	0.119	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Proline	g	0.102	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Serine	g	0.095	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Hydroxyproline	g	0.016	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003

**Sources of Data**<sup>1</sup>*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8a, 2003 Beltsville MD*<sup>2</sup>*Steven Levy Fluoride data on infant foods and beverages, 2003 unpublished Fluoride data from Dr. Steven Levy, University of Iowa***Footnotes**<sup>a</sup> Vitamin A values range widely due to differences in cultivar and proportion of carrots.<sup>b</sup> Vitamin A values range widely due to differences in cultivar and proportion of carrots.